GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:5135
ANSWERED ON:30.04.2008
EFFECT OF TEA COFFEE CONSUMPTION ON HUMAN HEALTH
Jindal Shri Naveen

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government has conducted any study regarding the effect of consumption of Tea/Coffee on human health;

(b) if so, the details and the outcome thereof; and

(c) the measures taken by the Government to create awareness among the people in this regard?

Answer

THE MINISTER OF HEALTH AND FAMILY WELFARE(DR. ANBUMANI RAMADOSS)

(a) & (b): Yes, Sir. Studies have been conducted by the Indian Council of Medical Research (ICMR) at National Institute of Nutrition, Hyderabad on tea which is a polyphenol-rich beverage. Catechins are its chief polyphenois which have cardio-protective effects as they can scavenge free radicals and inhibit lipid peroxdation.Epidemiological studies indicate an Inverse relation between tea consumption and the risk of cardiovascular and other chronic diseases. Consumption of tea with milk showed beneficial effects such as improved antioxidant status of subjects and decreased plasma and urinary oxidative stress similar to consumption of tea without milk.These results suggest that addition of milk may not obviate the ability of black tea to modulate the antioxidant status of subjects and that consumption of black tea with/without milk prevents oxidative damage in vivo.As per ICMR no such study on effect of coffee consumption has been conducted.

(c) :Various measures such as Health Melas,Health Awareness Camps and dissemination of relevant information, education and communication about Health Care System have been undertaken for awareness among the people about health sector hazardous and its reforms.